



APRIL - MAY 2024 EDITION

FREE TO TAKE HOME!



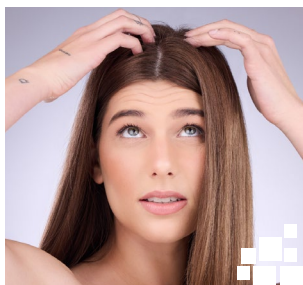
Heartburn



Sleep



Diabetes



Checking for Head Lice

Online Appointment Bookings

You can now book appointments online 24/7. Go to our website: jpmedical.com.au and follow the links to book your appointment.



● PRACTICE DOCTORS

Dr Peter Beaton

Dr Rhona Marques

Dr Nnaemeka (Nemy)
Ezeorakwe

Dr Yara Mohamed

Dr Venugopala Reddy

Dr Jia Goh (Registrar)

We provide a comprehensive family medical service – quality care in a friendly, relaxed atmosphere.

● PRACTICE MANAGER

Toni

● PRACTICE NURSE

Dorothy & Elmarie

● ADMINISTRATION STAFF

Claire, Sarah, Bryana, Breeana,
Danielle & Jacki

● SURGERY HOURS

Monday to Friday - 9am – 5pm

Saturday - Closed

● AFTER HOURS & EMERGENCY

For medical emergencies dial **000**.

For urgent after hours care go to the Narrogin Hospital or phone **9881 0333** where a Dr is on call.

● OTHER SERVICES OFFERED

- Cardiographs
- Vaccinations
- Spirometry
- Mental Health Care Plans
- GP Management Plans
- 45 to 49 Health Assessments
- 75+ Health Assessments
- Assessment and Management of Diabetes
- Registration for Closing the Gap
- Skin Checks
- Cervical Screen
- Asthma action plans

▶ **Please see the Rear Cover**

for more practice information.

● SPECIAL PRACTICE NOTES

Facility Fees. Please speak to Reception or your Doctor before agreeing to a procedure at JPMC. The charge covers the cost of consumables used for the procedure at the practice.

It is important that you make sure you are aware of any out of pocket expenses before they are incurred.

Referrals. Doctors in our surgery are competent at handling all common health problems. When necessary, they are able to draw opinion from Specialists, and if need be, refer you for further investigation. Please note: all initial referrals will require a consultation with the doctor. **Any lost referrals or follow up referrals will incur a charge, please ask at reception for information.**

Test Results. If the Doctor needs to convey your results, you will be contacted to make a follow up appointment.

Repeat Prescriptions. To order a repeat prescription a charge is applicable, please speak to our reception for further information.

This Medical Centre is Telehealth enabled.

This practice has a no smoking policy.

● APPOINTMENTS

Consultation is by appointment.

Booking a long appointment. If you require an insurance, employment or driving medical, review of a complex health problem, counselling for emotional difficulties, or a second opinion, please book a longer appointment. This may involve a longer wait but your problem will get the attention it deserves. Please bring relevant letters and test results from other doctors.

Please notify us if you are unable to attend an appointment, well in advance.

● WAITING TIMES

There is currently a shortage of Doctors in WA. This means all Doctors that are available are stretched to the limit. There are times our Doctors' appointments will be running behind schedule. The Doctor may have been called out, or may have had some unexpectedly long consults. We acknowledge that this is annoying for patients waiting, however it is beyond the Doctor's or the Receptionists' control. Patients being rude, angry or aggressive regarding such delays will not be tolerated. Being angry at the staff won't expedite your appointment, it just causes them additional mental distress and slows the process further. Some tips to reduce the stress of waiting:

- Phone the Clinic in advance to see if your Doctor is running on time.
- Bring a phone, tablet, book, puzzle, podcast or similar to keep yourself occupied.

● BILLING ARRANGEMENTS

Accounts must be paid on the day. Those patients with Concession cards and children under the age of 16 are eligible to be bulk billed at the discretion of the Dr.

Payment can be made by cash, cheque, credit card, EFTPOS or direct debit. Direct debit details: **BSB: 086-852 Acct: 83 912 2652** and a notation saying that a remittance notice with the account holder name and invoice number is to be emailed to: practicemanager@jpmedical.com.au. Please put your invoice number in the Payee description when paying by online banking.

● MATERNITY LEAVE

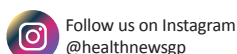
We would like to send our best wishes to Danielle as she is going on Maternity Leave

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.

www.healthnews.net.au



Heartburn

This is a burning pain in the chest or upper abdomen caused by acid “leaking” from the stomach into the oesophagus. It is also known as reflux and Gastro-oesophageal reflux disease (GORD).

It is very common and can affect all age groups, starting with infants, and ranges from mild to severe and occasional to daily. Not everyone with heartburn has GORD. Some with GORD may have a hiatus hernia, where some of the stomach “slips” above the diaphragm.

In adults, risk factors include being overweight, smoking, alcohol consumption and a family history. Certain foods will trigger heartburn in certain people, but there is no one set of foods to avoid. Caffeine, dairy and spicy foods are common culprits, but each person needs to find what “disagrees” with them.

Prevention includes avoiding known triggers and not eating too much at one time. Treatment depends on severity and frequency. Simple home remedies like bicarbonate of soda or herbal teas help some people, and simple antacids can relieve symptoms. At night, it can be helpful to sleep on a slight incline from head down to toes.

If simple approaches fail, you need to see your GP. Often, the history is sufficient for diagnosis, but you may be sent for tests to rule out other causes.

Prescription medications can reduce acid production for ongoing problems. Some people need short courses of these, and others need them long-term. If symptoms are not relieved after some weeks, you may be referred for a gastroscopy to assess the oesophagus and stomach.



More info »

Sleep



It is estimated that at the turn of the 20th century, the average person slept for nine hours each night. By the turn of the 21st century, this had shrunk to seven and a half hours.

A century ago, we did not have a 24/7 society complete with computers and smartphones. Even one generation ago, TV stations closed overnight. However, our need for sleep has not disappeared, and it must not be seen as optional.

The human body can go far longer without food than without sleep. The impairment in judgment and coordination after being awake for 20 hours was estimated by NASA to be the equivalent of a blood alcohol level of over 0.05% (the legal cut-off for driving).

Lack of sleep is associated with higher rates of obesity, type two diabetes, high blood pressure, depression, stress and even Alzheimer's. We feel we can “get away” with inadequate sleep because the symptoms are not always immediate nor clearly linked.

Many people find getting enough sleep difficult. Sleep patterns can be changed, but you must allow at least four months. Regular exercise helps, as does not eating within two hours of bedtime. Switch off screens 45 minutes before going to bed and have a regular routine. Have a comfortable bed and pillow and consider guided relaxation or meditation before bed. Some people find herbal teas relaxing. Avoid sleeping tablets, as regular use causes addiction. Above all, do not stress about sleep. Relax and let the body do its thing.

Diabetes – differences between Type 1 & Type 2

There are two types of diabetes, broadly divided into insulin-requiring (type 1) and non-insulin-requiring (type 2). This is not absolute, as some people who do not need insulin at the start may go on to do so.

Type one occurs when the body cannot produce insulin, often starting in childhood or adolescence. There are genetic tendencies, although the exact inheritance pattern is not known. Type two comes about when the body's cells become resistant to the effects of insulin, generally occurring later in life. Weight and consumption of refined carbohydrates play a bigger role, although there are genetic tendencies here, too.

Diabetes is diagnosed by testing for glucose and glycated haemoglobin (HbA1c) in the bloodstream. A further test known as a

glucose tolerance test may also be done. This involves "challenging" the body with a sugar load and monitoring how the body handles it.

Managing diabetes includes lifestyle changes and possibly medications. Those with type one will need lifelong insulin. A low-sugar diet is vital for diabetics. Losing weight can help control glucose levels. Regular exercise is also beneficial. Blood glucose monitoring allows people with diabetes to control their blood sugar and live in relative freedom. Regular review and blood tests through your doctor are also important.



More info »

Checking for Head Lice - signs & symptoms



More info »

Lice are annoying but not serious. Head lice are tiny, wingless insects that are common in school-age children but can potentially affect anyone.

Lice can only live on humans (they die within 24 hours if not on the body) and they feed on minuscule amounts of blood drawn from the scalp. They cannot jump or fly but only crawl. Hence, they are spread by direct hair-to-hair contact. The typical symptom is an itchy scalp. A note from school saying head lice have been found will often first alert parents.

Adult lice are grey or tan insects the size of a sesame seed on the scalp. Nits (lice eggs) are tiny white or brown dots usually attached to hair near the scalp. Although they look like dandruff, they can't be "shaken" off.

To find them, comb hair with any conditioner and use a fine tooth comb. Wipe the conditioner from the comb onto a paper towel. Look for eggs or lice. Do this through all the hair a few times.

Treatment is removing lice and nits from the hair. You can use the conditioner method (described above) every other day till none have been found for ten days. There are also specific head lice treatments (both synthetic and organic) that can be used. Follow the directions on the pack. Wash pillowcases in hot water. Family members need only be treated if lice or nits are found on them.

Managing sun-damaged skin

After summer is a good time to have a skin check. Australia has the highest rates of skin cancer in the world.

A step before skin cancer (this applies to basal and squamous cell cancers, not to melanoma) is the development of solar keratoses, commonly known as sunspots. These cause redness and roughness on the skin. Due to this and the potential to become cancerous, solar keratoses are usually treated.

The most typical treatment is cryotherapy, better known as freezing. This involves applying liquid nitrogen (or dry ice) in a "freeze-thaw" sequence to the area. Although it can cause redness and some loss of pigment, it is usually successful, and most people have no complications. It can be used on most keratoses and is particularly good for scattered individual spots.

Several creams can also be used to treat solar keratoses. These are available on prescription. Which one and the duration of treatment depend on the individual case. They are most suited to areas on the skin where there are multiple spots.

Salicylic acid applied topically can reduce roughness and retinoid creams can help rejuvenate skin.

Laser resurfacing and photodynamic (light) therapy are newer options, but they are less widely available and more expensive.

The key remains prevention. Remember to always slip on a shirt, slap on a hat, and slop on sunscreen in the summer sun. See your doctor about any skin spots of concern and ask your doctor about an annual skin check.





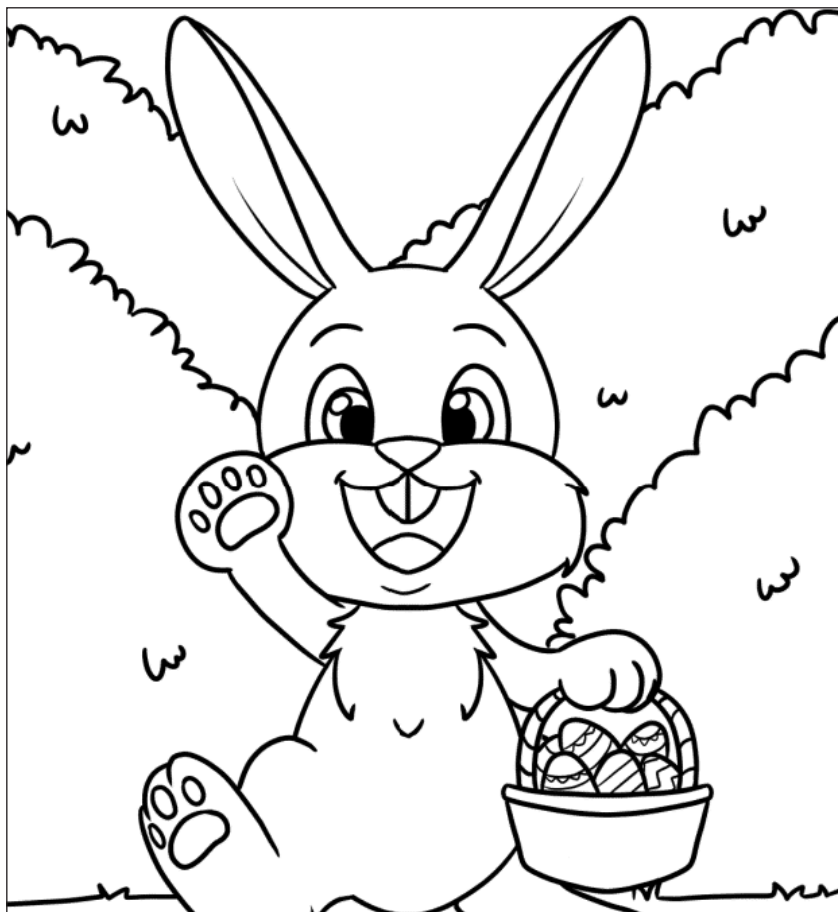
CARAMELISED ONION TART

INGREDIENTS

- 20g butter
- 1 tsp olive oil
- 2 red onions, thickly sliced lengthways
- 1 garlic clove, thinly sliced
- 2 tbsp caster sugar
- 1 1/2 tbsp red wine vinegar
- 2 sheets frozen puff pastry, just thawed
- 50g goat's cheese, crumbled
- 25 grams chopped walnuts

DIRECTIONS

1. Stir Fry the onion and garlic on a medium heat, for 10 mins or until the onion softens. Sprinkle with sugar and drizzle with vinegar. Season. Cook for 3-5 mins or until the sugar dissolves and mixture thickens slightly. Remove from heat.
2. Preheat a 20-25cm ovenproof pan in the oven and grease with butter. Transfer the onion mixture to the pan.
3. Place 1 pastry sheet on a clean work surface. Top with the remaining pastry sheet. Use a small sharp knife to trim to a 25cm disc. Place the pastry over the onion mixture in the pan, carefully tucking the edges into the pan.
4. Bake for 20-25 mins or until pastry is golden and puffed. Cool in the pan for 5 mins. Place a serving plate over the pan and invert tart onto the plate. Sprinkle with goat's cheese and chopped walnuts



EASTER COLOUR FUN!



● SPECIAL PRACTICE NOTES

Communication. SMS confirmations will be sent to patients with mobile phone numbers the day before their appointment. Please indicate with a Y or N whether you will be attending.

Follow Up. A computerised reminder system is available and used for follow up of many medical conditions. If you wish to participate in this, please inform your doctor. This surgery participates in State & National registers.

Interpreter. An interpreter service can be accessed for your consultation. Please discuss this with reception prior to your appointment to arrange an interpreter.

Cultural Background Details. Please advise reception staff or your doctor of any cultural background when you arrive for your appointment.

Emergency Contact Details need to be updated on your patient files. Please see reception staff or your doctor when you arrive for your appointment.

Patient Privacy. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact The Health and Disability Services Complaints Office (HaDSCO) Free Call: 1800 813 583, E: mail@hadsco.wa.gov.au

Email Policy. We encourage our patients to call the practice for any communication as our emails are not checked regularly and are not used for medical advice, sending or receiving results and making appointments etc.